

COMING IN OCTOBER! With Dustin
EXPRESS FIT: M/W 5PM , Speed & Agility Room
CYCLE: T/TH 5PM Mayfield Room

Athens-McMinn Family YMCA
GROUP EXERCISE SCHEDULE

Effective: September 6, 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|---|--|---|---|--|
| 5:00am | AIT (60 min) Fred—G | CYCLE (40 min) Jackie—M | AIT (60 min) Fred—G | CYCLE (40 min) Jackie—M | AIT (60 min) Fred—G | |
| 6:00am | TOTAL BODY (50 min) Whitney—KI&II | CYCLE (40 min) Joe—M | TOTAL BODY (50 min) Whitney—KI&II | CYCLE (40 mins) Joe—M | TOTAL BODY (50 min) Whitney—KI&II | |
| 8:00am | | | CYCLE (30-40 min) Becky—M | | CYCLE (30-40 min) Becky—M | CYCLE (30 min) Whitney (8:15am)—M |
| 9:15am | GOFIT (45min) Jamie—KI&II | GOFIT (45 min) Kathleen—KII BARRE (45 min) Jamie—KI | GOFIT (45min) Jamie—KI&II | GOFIT (45 min) Kathleen—KI&II Express Fit (30 min) Jamie/ Downstairs | GOFIT (45 min) Jamie—KI&II | YOGA (50 min) Brad—KI&II |
| 10:00am | |  Jean—KI&II |  Jean—KI&II |  Jean—KI&II | |  Carmen/Di—KI&II |
| 12:00noon | | | | | | |
| 4:00pm |  Maggie—KI&II | | | | | |
| 5:30pm | YOGA (50 min) Nancy—KI&II STEP (50 min) Denise—M | BARRE above Leslie—KI&II  5:45—Di/Carmen—KYC HIIT (50 min) Ashley/Kathy—M | YOGA (50 min) Nancy—KI&II STEP (50 min) Denise—M | BARRE above Leslie—KI&II  5:45—Di/Carmen—KYC HIIT (50 min) Ashley/Kathy—M |  6:00 Di/Carmen—KI&II | |
| 6:30pm |  Di/Carmen—KI&II | CORE Michelle—KI&II |  Di/Carmen—KI&II | CORE Michelle—KI&II | | |

FACILITY HOURS

Monday 5am-9pm
 Tuesday 5am-9pm
 Wed. 5am-9pm
 Thursday 5am-9pm
 Friday 5am-9pm
 Saturday 8am-5pm
 Sunday 1pm-5pm

CHILD WATCH HOURS

Ages: 6 weeks—12 years

MONDAY—FRIDAY

8am-11am & 4pm-8pm

SATURDAY

8am—11am

CLASS LOCATION KEY

G = GYM
 M = Mayfield Room
 KI&II = Kiwanis I & II
 KYC = Kiwanis Youth Center (downstairs)

Jamie McCay

Health & Wellness
 Coordinator

423.745.4904

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|---|--|
| <p>AIT (Advanced Interval Training)</p> | <p>This boot camp style class combines intense intervals of cardiovascular exercises and strength work that will test your limits. The perfect mix of participant challenge and instructor motivation creates a dynamic workout.</p> |
| <p> Barre Above</p> | <p>Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape. Grip socks and ankle/knee-length pants are suggested.</p> |
| <p>Barre</p> | <p>Includes components of pilates, yoga, and ballet, with a focus on balance, posture, and flexibility. Grip socks and ankle/knee-length pants are suggested.</p> |
| <p>Core</p> | <p>Core is a strength and flexibility workout using your shoulders, torso, and hips. It is important to keep your core strong as it is the foundation of the body!</p> |
| <p>Cycling/Coach By Color</p> | <p>Cardio workout to music on specially designed stationary bicycles. Workout towel & water suggested.</p> |
| <p>GO Fit</p> | <p>This chair-based fitness class includes using seated and standing exercises. Strongly suggested for seniors, participants recovering from an injury, or post-rehab. Strength, flexibility and balance are major focuses.</p> |
| <p>HIIT</p> | <p>A strength and cardio full-body workout using a variety of equipment and exercises to add muscle, endurance and torch calories. A high intensity class for the avid exerciser or those who want a challenge.</p> |
| <p> Kids' Zumba</p> | <p>Kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and culture exploration into the class structure.</p> |
| <p>Express Fit</p> | <p>A 30-40 minute high intensity circuit style class including cardio, strength, & total body workout. In downstairs agility room.</p> |
| <p>Step</p> | <p>Classic step aerobics class using risers—great for cardio and strength work!</p> |
| <p>Total Body, Cardio & Strength</p> | <p>Offers head-to-toe training with a focus on cardio, weight training & core while mixing in speed and agility, flexibility and balance.</p> |
| <p>Yoga</p> | <p>A practice of energy-giving exercises that will strengthen your spirit, mind and body. Yoga not only improves flexibility, strength, posture, and balance but can also relieve stress and sharpen your internal focus. We provide mats but feel free to bring your own if you would like.</p> |
| <p> Zumba®</p> | <p>This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! Some days will feature Strong by Zumba® concepts.</p> |
| <p> Zumba® Gold/ Zumba Gold-Toning</p> | <p>Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.</p> |